

Reminder Card - Get Tested and Vaccinated for Hepatitis B!



Protect yourself and your loved ones.

Hepatitis B is a virus that infects the liver and can cause liver disease, cancer, and death. Many people who are infected don't know that they have the virus.

There is no cure, but the vaccine is safe and can protect from getting hepatitis B. You must complete the two or three-dose vaccine series to be fully protected.

Finding out early and getting care from a doctor is important to help you live a long and healthy life. Get tested and if at risk, get vaccinated.



Fill in your hepatitis B vaccination dates:

1st Dose Date:

___/___/___

2nd Dose Date:

___/___/___

3rd Dose Date:

___/___/___



DOH 420-437 October 2022

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መዘኛኸሪ ካርድ - ንሕማም ሄፓታይተስ B መርመራ ግባሩን ተኸተቡን!



ንዛእ ርእሰካን ንእትፈትዎም ሰባትን ሓልው።

ሄፓታይተስ B ንጸላም ከብዲ ዝለኸፍ ቫይረስ ኮይኑ፡ ሕማም ጸላም ከብዲ፡ መንሸር፡ ሞት ከሰዕብ ይኸእል። ብዙሓት ቦቲ ቫይረስ ዝተለኸፉ ሰባት እቲ ቫይረስ ከምዘለዎም ኣይፈልጡንዮም።

ፈውሲ የለን፡ እቲ ክታቦት ግን ውሑስን ካብ ሄፓታይተስ B ክከላኸልን ይኸእልን እዩ። ምሉእ ብምሉእ ዉሑሳት ንሙኳን ነቲ ክልተ ወይ ሰለስተ ዶዝ ዘለዎ ተኸታታሊ ክታቦት ክትውድኡ ኣለኩም።

ብኣግኡ ምፍላጥን ካብ ሓኪም ክንክን ምርካብን ነዊሕን ጥዑይን ሂይወት ንኸትነብሩ ንኸሕግዘኩም ኣገዳሲ እዩ። መርመራ ግባሩ እሞ ኣብ ሓዲጋ እንተድኣ ኣሊኹም ክታቦት ውሰዱ።



ዕለታት ናይ ሄፓታይተስ B ክታቦትኩም ምልኡ

1ይ ዕለት ዓቕን መድሃኒት፡-
__/__/__

2ይ ዕለት ዓቕን መድሃኒት፡-
__/__/__

3ይ ዕለት ዓቕን መድሃኒት፡-
__/__/__



DOH 420-437 October 2022 Tigrinya
እዚ ሰነድ እዚ ብኻልእ መልክዕ ንምሕታት ብ1-800-525-0127 ደዉሉ። ጽሙጥን ወይ ዝጸንዖም ዓማዊል፡ ብኸብረትኩም ናብ 711 (Washington Relay) ደውሉ ወይ ድማ ናብ civil.rights@doh.wa.gov ኢሜይል ሰደዱ።